Barca

•PRIETENII ŞI HRANA VIE•

MENIU

VEGAN & RAW VEGAN

DRINKS

Ionized water	**250 ml/ 3 lei**
Aqua Carpatica	**330 ml/ 7 lei**
Lemonade *lemon, organic unfiltered honey*	**250 ml/1000ml 11/25 lei**
Lemonade with Ginger and Peppermint (RAW) *lemon, ginger, peppermint, organic unfiltered honey*	**250 ml/1000ml 15/30 lei**
Apple juice (RAW) *green apples*	**250 ml / 12 lei**
Cinnamon flavored Apple juice (RAW) *green apples, cinnamon, cloves*	**250 ml / 14 lei**
Apple juice & figs (RAW) *green apples, figs*	**250 ml / 15 lei**
Apple & carrot juice (RAW) *green apples, carrots*	**250 ml / 14 lei**
Apple juice & ginger (RAW) *green apples, ginger*	**250 ml / 14 lei**
Apple & Carrot Juice with Ginger (RAW) *green apples, carrots, ginger*	**250 ml / 15 lei**
Apples & Pears Juice (RAW) *green apples, pears*	**250 ml / 14 lei**
Apples & Pears Juice with Ginger (RAW) *green apples, pears, ginger*	**250 ml / 15 lei**
Apples & Pears Juice with Cinnamon (RAW) *green apples, pear, cinnamon*	**250 ml / 15 lei**
Carrot Juice (RAW) *carrots*	**250 ml / 13 lei**
Carrot, beetroot and cucumber juice (RAW) *carrot, beetroot, cucumber*	**250 ml / 15 lei**
Carrot, beetroot and celery juice (RAW) *carrot, beetroot, celery*	**250 ml / 15 lei**

“All Green” Juice (RAW) **250 ml / 16 lei**
spinach, Apio celery, parsley, cucumber, broccoli, leafy **greens**

Goji berries Juice (RAW) **250 ml / 18 lei**
Goji berries , ginger, peppermint, lemon, unfiltered organic honey

Celery Juice (RAW) **250 ml / 16 lei**
Apio celery, lemon, beetroot, unfiltered organic honey

Parsley flavored juice (RAW) **250 ml / 14 lei**
parsley, lemon, unfiltered organic honey

Parsley flavored juice with ginger (RAW) **250 ml / 15 lei**
parsley, lemon, ginger, unfiltered organic honey

Banana & vanilla Shake (RAW) **250 ml / 20 lei**
almond "milk", banana, vanilla, unfiltered organic honey

“Energizing” Shake (RAW) **250 ml / 20 lei**
almond "milk", figs, dates, plums, apricots, unfiltered organic honey

Digestive Shake (RAW) **250 ml / 20 lei**
almond "milk", plums, apricots, unfiltered organic honey

Chlorella Shake (RAW) **250 ml / 22 lei**
almond "milk", Chlorella, unfiltered organic honey

Wild Berries Shake (RAW) **250 ml / 20 lei**
almond "milk", bananas, berries, cinnamon, organic unfiltered honey

Kiwi Shake (RAW) **250 ml / 20 lei**
almond "milk", kiwi, banana, honey, anise

Antioxidant Shake (RAW) **250 ml / 20 lei**
almond "milk", cinnamon, turmeric, organic unfiltered honey

Maca and Cocoa Shake (RAW) **250 ml / 22 lei**
almond "milk", cocoa, Maca, organic unfiltered honey

Spirulina Shake (RAW) **250 ml / 22 lei**
almond "milk", spirulina, organic unfiltered honey

Hemp Shake (RAW) **250 ml / 20 lei**
hemp, cinnamon, organic unfiltered honey

Hemp and Spirulina Shake (RAW) **250 ml / 22 lei**
hemp, spirulina, organic unfiltered **honey**

Figs & dates Shake (RAW) **250 ml / 20 lei**
almond "milk", figs, dates

SMOOTHIES

POPEYE **250 ml/ 18 lei**
spinach, banana, apple

"C" BOOSTER **250 ml/ 18 lei**
kiwi, banana, apple

"LIGHT" **250 ml/ 18 lei**
lemon, banana, apple

FOREST BERRIES **250 ml/ 18 lei**
forest berries, banana, apple

SWEET **250 ml/ 18 lei**
strawberries, banana, apple

SEASONAL **250 ml/ 18 lei**
seasonal fruits (apricots or peaches) banana

MELON & MINT **250 ml/ 18 lei**
honeydew melon, banana, fresh mint

'YELLOW" **250 ml/ 18 lei**
honeydew melon, banana, lemon

EXOTIC **250 ml/ 18 lei**
pineapple, banana, lemon

EXOTIC MINT **250 ml/ 18 lei**
pineapple, banana, fresh mint

FRESH MELON MINT **250 ml/ 18 lei**
honeydew melon, lemon, fresh mint

ENERGIZER **250 ml/ 18 lei**
banana, apple, lemon, fresh mint

Hot tea **300 ml/1000 ml 10 lei/25 lei**
our selection includes: fresh mint, ginger & lemon, chamomile, white tea & pomegranate, ginger, green tea & jasmine, green tea & orange, St. John's wort, sage, black locust & rose buds, rosehip & blueberry, marigold, linden

Chicory coffee **100 ml / 9 lei**

Vanilla flavored Chicory coffee **100 ml / 10 lei**

Bio natural coffee **100 ml / 11 lei**

"Cappuccino" (RAW) **200 ml / 21 lei**
guarana, mesquite, almond "milk", organic unfiltered honey

Frappe Coffee (RAW) **200 ml / 21 lei**
chicory coffee, almond "milk", coconut "whipped cream", cocoa, organic unfiltered honey

Almonds and Cinnamon Shake (RAW) **250 ml / 15 lei**
almond "milk", cinnamon, organic unfiltered honey

Almond "Milk" and Cocoa (RAW) **250 ml / 16 lei**
almond "milk", cocoa powder

Almond "milk" (RAW) **1000ml / 30 lei**

BIO Red or White table wine **200 ml/1000 ml 10 lei/35 lei**
obtained with minimal environmental impact

Bio unfiltered barley beer **330 ml / 13 lei**
Bio unfiltered wheat beer **330 ml / 13 lei**

DESSERTS

It is hard to believe that mouth watering cakes, pies, pancakes or cookies can be prepared without oven, let alone animal protein! We offer you a wide selection of rich aromas, creamy and velvety texture, that are going to satisfy your cravings for sweets and make you beg for more.

Cocoa and Mint Cake (RAW) **100 g / 15 lei**
almonds, cashews, dates, fresh mint, fresh cocoa powder, organic unfiltered honey

Poppy and Lemon Cake (RAW) **100 g / 15 lei**
almonds, dates, cashews, lemon, poppy seeds, turmeric, organic unfiltered honey

Chocolate Cake (RAW) **100 g / 15 lei**
almonds, cashews, dates, alkalized cocoa butter, fresh cocoa powder, organic unfiltered honey

Wild Berries Cake (RAW) **100 g / 15 lei**
almonds, cashews, dates, wild berries, organic unfiltered honey

"Amore" Cake (RAW) **100 g / 15 lei**
This delightful blend of strawberries, cashews dates and almonds, mixed with organic unfiltered honey, will make you fall in love… at least with this dessert!

CREAMY CHOCOLATE AND SOUR CHERRY CAKE **100 g / 15 lei**

walnuts, dates, avocado, sour cherries, cocoa, almonds

"BARCA" ROLL **120 g / 17 lei**
almonds, psyllium, coconut oil, honey, cocoa, goji berries, fresh squeezed orange juice, cashews, spiced rum, anise

SOUR CHERRY ROLL **120 g / 17 lei**
almonds, psyllium, honey, vanilla, walnuts, cocoa, coconut butter, sour cherries, spiced rum

Sour Cherry tart (RAW) **120 g / 18 lei**
almonds, alkalized cocoa butter, mesquite, organic unfiltered honey

Apple tart (RAW) **180 g / 18 lei**
walnuts, apples, cinnamon, organic unfiltered honey

Dried banana "Pancakes" with cream (RAW) **90 g / 15 lei**
dried banana, alkalized cocoa butter, fresh cocoa powder

Chia Pudding (RAW) **180 g / 18 lei**
almond "milk", banana, vanilla beans, chia seeds, organic unfiltered honey

Psyllium Pudding (RAW) **180 g / 16 lei**
almond "milk", psyllium, banana, organic unfiltered honey

Almond "Milk" and Rice noodles (RAW) **300 g / 16 lei**

Honeydew mellon sorbet **150 g / 16 lei**

Seasonal fruits sorbet **150 g / 16 lei**

A "Medley" of our sweet deserts (RAW) **500 g / 75 lei**
carefully hand-picked for your pleasure by our Chef

SALADS

Greek Salad topped with "Feta cheese" **250 g / 18 lei**
made from sunflower seeds (RAW)
A mixture of our freshest vegetables and lettuce, topped by a surprising kind of "feta cheese" made from sunflower seeds

"Green Abundance" Salad (RAW) **250 g / 20 lei**
spinach, lettuce, cucumber, avocado, broccoli, arugula, olives, topped with brown vinaigrette dressing

Endives salad with a "creamy" hazelnut dressing (RAW) **250 g / 22 lei**
carrots, endives, hazelnuts

"Rainbow" Salad (RAW) **300 g / 26 lei**
tomatoes, lettuce, carrots, red cabbage, arugula, mixed sprouts with protein dressing

Carrots, beetroot and cabbage salad **250 g / 16 lei**

"Caprese" salad **250 g / 18 lei**
tomatoes, tofu, basil, olive oil

Cauliflower Salad (RAW) **250 g / 17 lei**
cauliflower, red bell peppers, green peas, parsley

"Caesar" salad with protein dressing (RAW) **250 g / 18 lei**
lettuce, tomatoes, bell peppers, cucumber, avocado, hemp seeds

"Caesar" salad with protein dressing and pistachio bread croutons (RAW) **275 g / 20 lei**
lettuce, tomatoes, bell peppers, cucumber, avocado, hemp seeds, pistachio

Spinach and Seaweed Salad with brown balsamic vinaigrette dressing (RAW) **250 g / 17 lei**
spinach, seaweed, red bell peppers, olives, olive oil, balsamic vinegar

"Exotic" spinach salad with brown balsamic vinaigrette dressing (RAW) **250 g / 18 lei**
spinach, pomegranate, tomatoes, avocado, cucumbers, olive oil, balsamic vinegar

Celery and carrot salad with hazelnut dressing (RAW) **250 g / 18 lei**

Red beetroot & apple salad (RAW) **250 g / 16 lei**

Seaweed Salad with "Wood Ears" mushrooms and cucumbers topped with sesame oil and rice vinegar (RAW) **250 g / 20 lei**

Seaweed Salad with Cucumber (RAW) **250 g / 18 lei**
seaweed, cucumber, soy sauce , sesame seeds

Chickpeas Salad (RAW) **300 g / 20 lei**
tomatoes, cucumbers, onions, chickpeas, creamy "Feta Cheese" dressing made from sunflower seeds

Mixed sprouts Salad with protein dressing (RAW) **200 g / 33 lei**
broccoli sprouts, red cabbage and rapeseed mixed with quinoa and black sesame seeds, topped with a creamy dressing made from cashews and hemp seeds

Vegetable "egg salad" (RAW) **200 g / 18 lei**
white celery roots, Apio celery sticks, curcuma, red bell peppers, olives, cashews

Endives Salad with spinach and carrots (RAW) **250 g / 24lei**
avocado, cucumber, arugula, endives, spinach, carrots, protein dressing

Taboule (RAW) **200 g / 16 lei**
tomatoes, onion, parsley, quinoa

"Vitamin" salad (RAW) **250 g / 20 lei**
cabbage, carrot, beetroots w dry inactive yeast and a protein dressing

Assorted vegetables sticks with "creamy" cashews dip (RAW) **200 g / 18lei**
red peppers, Apio celery, cucumber, carrot, cashews

MEXICAN SALAD & SEAWEED **250 g / 20 lei**
seaweed, corn, peas, beetroot, carrot, celery root, red onion, salt, pepper. Dressing: soy sauce, fresh ginger, honey, fresh squeezed orange juice, fresh squeezed lemon juice, extra virgin olive oil, Himalaya salt, black pepper.

SEASONAL SALAD & BULGUR WHEAT **250 g / 20 lei**
bulgur wheat, red onion, cucumber, tomatoes, fresh parsley, Himalaya salt, black pepper, extra virgin olive oil, fresh squeezed lemon juice

SEASONAL SALAD & QUINOA **300 g / 22 lei**
mixed seasonal greens, red onion, tomatoes, red bell peppers, cucumbers, fresh basil, quinoa. Dressing: creamy cashew sauce, fresh squeezed lemon juice

“PASTA”

Spaghetti "Marinara" (RAW) **300 g / 23 lei**
zucchinni pasta, tomato sauce, fresh herbs and spices

Spaghetti "Pesto" (RAW) **300 g / 23 lei**
zucchinni pasta, “creamy” cashews dressing, fresh basil

Spaghetti "Alfredo" (RAW) **300 g / 23 lei**
zucchinni pasta, “creamy” cashews dressing

Spaghetti with “Wood Ears” mushrooms (RAW) **250 g / 23 lei**
zucchinni pasta, “creamy” cashews dressing

Zucchini cut Spaghetti style with seaweed **250 g / 22 lei**

Zucchini cut Tagliatelle style with sprouts and “creamy” cashews dressing (RAW) **250 g / 25 lei**

Spelt Pasta (tagliatelle) with tomato sauce **300 g / 22 lei**
tomatoes, mushrooms, basil, garlic

Spelt Pasta (tagliatelle) with Vegetables **300 g / 24 lei**
broccoli, cauliflower, curry

Sweet potato noodles (Vermicelli) with stir-fried vegetables **300 g / 25 lei**
carrots, red bell peppers, cucumbers, onion, tomatoes, soy sauce, fine spices

Rice spaghetti with Shiitake mushrooms **300 g / 30 lei**
Rice spaghetti, shiitake mushrooms, onion, curry, champignon mushrooms,diced tomatoes, nutmeg, extra virgin olive oil, garlic.

Creamy coconut milk and gluten free rice tagliatelle **300 g / 30 lei**
Gluten free rice tagliatelle , red onion,fresh parsley,Himalaya salt, black pepper,extra virgin olive oil, fresh squeezed lemon juice.

PATES & TERRINES

Filled Avocado (RAW) **180 g / 25 lei**
avocado, onion, pomegranate

Guacamole (RAW) **150 g / 22 lei**
avocado, tomatoes, onions

Hummus (RAW) **100 g / 9 lei**
chickpeas, lemon, olive oil

Almond "Feta Cheese" (RAW) **80 g / 12 lei**

Olive tapenade (RAW) **80 g / 9 lei**
Olives, pumpkin seeds, spices

Sunflower seeds "Feta Cheese" (RAW) **80 g / 10 lei**
Sunflower seeds, fine spices

Vegetable "egg" pate (RAW) **80 g / 11 lei**
curcuma, lemon, Himalaya salt, olive oil, cashews

"Mushroom Terrine" (RAW) **200 g / 20 lei**
Champignon mushrooms, carrots, pumpkin seeds, onion, garlic, soy sauce

"Tarama fish roe" style pate (RAW) **80 g / 14 lei**
Cashews, hemp, onion, red beetroot

Eggplant Salad **200 g / 16 lei**
eggplant, zucchini, onions

BUCKWHEAT PATE **80 g / 12 lei**
buckwheat, garlic, olive oil, Himalya salt, black pepper

KALAMATA OLIVE TAPENADE **100 g / 12 lei**
Kalamata olives, garlic, fresh basil, chili peppers, sun dried tomatoes, dried onions.

HOUSE SPECIALTIES

“House” Platter **900 g / 95 lei**
Our most generous mixture of pumpkin rolls, Sushi, Taboulleh, olive tapenade, "fish roe" salad, Hummus, Pita, marinated mushrooms in soy sauce and served with a “creamy” cashews dressing

Vegan Platter **500 g / 55 lei**
Zucchini rolls and rice Sushi, marinated mushrooms, assorted vegetables, green olives tapenade with bell peppers

Raw - Vegan Platter (RAW) **500 g / 55 lei**
Zucchini made pasta with “Wood Ears” mushrooms, Zucchini rolls with pesto, green olives

"Barca” Platter (RAW) **250 g / 30 lei**
"Feta Cheese" made from sunflower seeds, Hummus, marinated mushrooms , Olive tapenade, fresh vegetable sticks

"Barca" zucchini rolls (RAW) **300 g / 30 lei**
Zucchini rolls with "Feta Cheese" made from sunflower seeds, soy sauce marinated mushrooms, fresh basil, nutmeg, cumin, lemon, "creamy" filling of cashews

Cucumber rolls filled with almond "Cheese" (RAW) **250 g / 30 lei**

Almonds Sushi (RAW) **200 g / 30 lei**
Almonds, avocado, bell peppers, carrots, cucumbers, tomatoes

Vegan Pizza **300 g / 21 lei**
a tasteful blend of dried red bell peppers, “champignon” mushrooms, onions, tomatoes and olives, sprinkled with fine herbs and spices, over a bed of fresh arugula , on top of a whole wheat grain pita bread

COOKED FOOD

Spiced veggie & basmati rice medley **300 g / 25 lei**
Champignon mushrooms, onion, hot chili peppers, zucchini, red bell peppers,garlic, cucumbers,celery, carrots,Himalaya salt, black pepper, extra virgin olive oil. Served with cumin flavored basmati rice.

Fluffy vegan omelet with sauteed vegetables **200 g / 23 lei**
Red onion, zucchini, champignon mushrooms, red bell peppers, garlic, tofu, extra virgin olive oil, Himalaya salt, black pepper, nutmeg, curry, fresh squeezed lemon juice.

Dill and parsley flavored polenta with roasted silken tofu **300 g / 19 lei**
cornmeal, Himalaya salt, extra vigin olive oil, fresh dill, fresh parsley, silken tofu.

Grilled mushrooms and nutmeg flavored cauliflower puree **300 g / 33 lei**
cauliflower, potatoes, extra virgin olive oil, Himalaya salt, black pepper, nutmeg, pleurotus mushrooms, garlic.

"Fresh grill and fries" **300 g / 33 lei**
grilled pleurotus mushrooms and pan fried cellery sticks, with a dash of extra virgin olive oil and a delicious creamy cashew dip and a side of marinated beetroot.

Zucchini and mushroom curry **300 g / 20 lei**
Red onion, red bell peppers, zucchini, Champignon mushrooms, marinara sauce, curry, Himalaya salt, black pepper, extra vigin olive oil.

Creamy sauteed spinach and vegan omelet **300 g / 22 lei**
A happy combination of sauteed creamed spinach and red onion with a hint of fresh garlic, nutmeg and a silky tofu omelet.

Roasted onion and parsley flavored polenta with sauteed creamy spinach **300 g / 18 lei**
Ever thought of combining pan roasted polenta sticks with red onion, garlic and fresh parsley and serve it with a side of creamy spinach? It's about time!

Exotic black rice **250 g / 28 lei**
Exotic black rice, spanish almonds, golden raisins, extra virgin olive oil, red onion, cardamom, Himalaya salt, black peper, cinnamon and red bell peppers.

Exotic black rice sushi **250 g / 33 lei**
Exotic black rice, rice vinegar, soy sauce, avocado, cucumber, red bell peppers, celery sticks, carrots, tomatoes with a side of home made sauce (ginger, honey, soy and sesame seeds)

Saffron Basmati rice with dried gooseberries **300 g / 20 lei**
Basmati rice, gooseberries, saffron, Himalaya salt, black pepper, extra virgin olive oil.

Basmati rice & pan roasted dried fruits and almonds **300 g / 23 lei**
Basmati rice, sun dried apricots, golden raisins, almond shavings, cinnamon, Himalaya salt, black pepper, extra virgin olive oil.

Green beans "Masala" **300 g / 16 lei**
Green beans, onion, garlic, fresh herbs and Garam Masala" spices, Himalaya salt

Basmati rice with cumin **300 g / 18 lei**
"basmati" rice, cumin, olive oil, Himalaya salt

"Basmati" Rice with Vegetables and Mushrooms **300 g / 18 lei**
"basmati" rice, carrots, celery, bell peppers, mushrooms, fresh herbs and fine spices, Himalaya salt

"Basmati" rice and green lentils **300 g / 18 lei**
"basmati" rice, green lentils, onion, fine spices and herbs

"Basmati" rice & green lentils with **350 g / 24 lei**
avocado and tomatoes topping "basmati" rice, green lentils, onion, avocado, tomato, lemon, fine spices and herbs

Sauteed Cauliflower, Broccoli and Mushrooms **300 g / 23 lei**
cauliflower, broccoli, onions, tomatoes, basil, mushrooms, Himalaya salt

Sauteed Cauliflower with "cream" of Cashews **300 g / 23 lei**
Cauliflower, Onions, Tomatoes, Mushrooms

Zucchini and tomato bake **300 g / 16 lei**
zucchini, tomatoes, dill, fresh herbs and spices, Himalaya salt

Vegan spinach and tofu scramble **300 g / 20 lei**
fresh spinach, tofu, fine herbs and spices, Himalaya salt

Quinoa & pan fried vegetables medley **300 g / 24 lei**
quinoa, carrots, red bell peppers, onion, garlic, basil, tomatoes, Himalaya salt

Grilled Pleurotus mushrooms **300 g / 30 lei**
Oyster mushrooms, assorted vegetables mix, lemon

Falafel **300 g / 18 lei**
chickpeas, parsley, onion, corn, coriander, cumin

"Mung" Beans Stew **300 g / 25 lei**
"mung" beans, tomatoes, carrots, celery, onion, garlic, fresh herbs and Garam Masala" spices, Himalaya salt

Green lentils, vegetables & mint Stew **300 g / 18 lei**

Green peas Casserole **300 g / 16 lei**
Green peas, carrots, celery, onion, fresh herbs and spices, Himalaya salt

SOUPS

Vegetable Soup (RAW) **300 g / 14 lei**
carrots, celery, red bell peppers, almond "milk" and cumin

Cream of pumpkin soup – seasonal (RAW) **300 g / 13 lei**
Carrots, celery, tomatoes, red bell peppers, fresh herbs and spices

Coconut Soup (RAW) **300 g / 18 lei**
red bell peppers, garlic, avocado, fresh mint, fresh herbs, basil, curry, ginger, oregano, fresh coconut "milk"

Carrot, ginger and celery soup (RAW) **250 g / 13 lei**
Carrots, ginger, celery, Himalaya salt

Avocado & Cucumber soup (RAW) **250 g / 16 lei**
Avocado, cucumber, fresh herbs and spices, Himalaya salt

Cream of spinach soup (RAW) **250 g / 15 lei**
Spinach, cucumber, hemp seeds, Himalaya salt, fresh herbs and spices

Tortilla soup **250g / 15 lei**
A fine blend of red bell peppers, tomatoes, onion, garlic, , extra virgin olive oil, fresh basil, corn, fresh herbs and fine spices, creating a savory rich authentic Mexican style soup.

CINNAMON FLAVORED VEGETABLE SOUP (raw) **250 g / 15 lei**
celery root, carrots, apple, garlic, olive oil, Himalaya salt, black pepper, cinnamon

CREAMY CASHEW LETTUCE SOUP (raw) **250 g / 15 lei**
lettuce, white cabbage, "cream" of cashews, curry, cumin, Himalaya salt, black pepper, fresh squeezed lemon juice, inactive dry yeast.

FARMER'S SOUP (raw) **250 g / 13 lei**
red bell peppers, red onion, celery root, carrot, cauliflower, garlic, Himalaya salt, black pepper, extra virgin olive oil

Cream of Lentil Soup **300 g / 13 lei**
Carrots, celery, onion, red lentils, red bell peppers, garlic, fine spices, Himalaya salt

Cream of Mushroom Soup **300 g / 15 lei**
Mushrooms, parsley, leek, Himalaya salt

Cream of Vegetable Soup **300 g / 10 lei**
Zucchini, carrots, potatoes, onion, tomatoes, celery, fresh herbs and spices

Pumpkin Soup (seasonal) **300 g / 15 lei**
pumpkin, potatoes, onion, coconut oil, fresh herbs and spices

Authentic "Tripe" Soup **300 g / 15 lei**
a romanian specialty soup prepared with "cream" of cashews, "pleurotus" mushrooms, rice vinegar, and a pinch of garlic

Vegetable "borscht" soup **300 g /12 lei**
carrots, celery, tomatoes, fine herbs and spices, chopped white vegetables, borscht

Ginger Soup with Rice noodles **300 g / 15 lei**
tomatoes, ginger, soy sauce, rice noodles

Ginger Soup with Seaweed **300 g / 15 lei**
tomatoes, ginger, soy sauce, seaweed

Rich and creamy tomato & basil soup **300 g / 13 lei**
tomatoes, basil, eco- friendly organic white wine, "cream" of cashews, fine herbs and spices

Creamy spinach and cashew bisque **300 g / 14 lei**
spinach,onion, garlic, Himalaya salt, black pepper, nutmeg, creamed cashews.

Creamy green pea soup **250 g / 14 lei**
Green pea, onion, garlic, Himalaya salt, black pepper, extra virgin olive oil, anisse seed.

Cream of potato and onion soup **300 g / 13 lei**
Potatoes, onion and scallions, garlic, Himalaya salt, black pepper, fresh dill, fresh parsley, fresh squeezed lemon juice, creamy cashew sauce.

Almond bread (RAW) **80 g / 12lei**
Buckwheat bread (RAW) **80 g / 10 lei**
Mixed Seeds Bread (RAW) **80 g / 12 lei**
Carrot bread (RAW) **80 g / 10 lei**
Whole wheat grain pita bread **160 g / 10 lei**

DRESSINGS

"Alfredo" (RAW) **50 g / 4 lei**
Cashews, Lemon, Garlic

"Brown" (RAW) **50 g / 4 lei**
Balsamic vinegar, unfiltered organic honey

"Marinara" (RAW) **50 g / 4 lei**
Red bell peppers

"Protein" (RAW) **50 g / 4 lei**
Cashew, Hemp

Lemon (RAW) **50 g / 4 lei**
Garlic (RAW) **50 g / 4 lei**
"Alfredo" with nutmeg and cumin **50 g / 5 lei**
Cashew, Lemon, Garlic, Nutmeg, Cumin

Tomato sauce **50 g / 4 lei**
Fresh tomatoes, spices